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# The SECRET life of a Massachusetts TEEN

LEARN WHAT YOUR TEENS ARE REALLY  
THINKING—AND HOW YOU CAN SUPPORT THEM

THURS. NOV. 19  
6:30-8pm

FREE

## Do you wonder...

- What teens are really thinking
- Why they don't share their fears
- How we can better support teens
- How we can become better parents

## Parents will leave the workshop with...

- Strategies they can implement immediately
- New ways of understanding teens
- Innovative techniques for engaging teens
- Confidence, courage, and new language



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**About Jon Mattleman.** Mattleman is a mental health counselor and trainer with 30 years of experience working with youth, parents and families. In 1993 he established Youth/Family Resources, a consulting firm focused on overcoming personal barriers and building healthy relationships. His dynamic presentations and workshops give participants tools they can implement immediately, strategies that work with children and youth, and constructive approaches to communication and collaborative problem solving. Jon is best known for his talk "The Secret Life of a Massachusetts Teen" and has presented this to thousands of parents in all over New England.